

2025 EAA Track & Field Coach Meeting





EHSTF Demographics

2025 Boys Team = 146 athletes

2025 Girls Team = 134 athletes

1 in 8 EHS Students are out for EHSTF

Thanks EAA Track & Field

Get To Know Your Coaches ...

Every child needs at least one adult who is irrationally crazy about him or her

-Uri Bronfenbrenner



A Picture of Success



March – Early April



... Achieved Only By Attendance

Belongingness: Intimate Relationships
& Friends builds Trust

Safety & Technique Confidence: Security, Safety
& 100% confidence in Performance Skills

Physiological Needs: Nutritional/Training Plan/Restoration

Enjoy “Your” Moments...

2025 Key Home meets

- April 14 – JV Girls Meet
 - April 28 – JV Boys Meet
- April 22 – Wildcat Invitational
 - May 6 – Section 2AAA True Team





Welcome Coaches!

Meet your 2024 Track Board.

Meet Manager **Matt Arneson** (Incoming), **Lisa Johnson** (Outgoing)

Treasurer **Kristi Sperl**

Technology Director **Justin Johnson**

Equipment Manager **Luke Twedt**

Merchandising Manager **Anah Sellers**

Announcer **Chuck Brooks**

Program Director **Sara Delgado** (Incoming), **TJ Rice** (Outgoing)

Coaches Meeting Agenda.

Program Numbers and Team Information

Spirit Wear

Coach Expectations

Practice Clinics

Events Review

Coach Worksheets

General Guidance for Events

Heat Sheets

Feature Races

Awards

Meet Logistics & Reminders

Volunteers

Website Information

Team Information.

Each Head Coach receives:

- Athlete shirts
- Coach shirts (2)
- Giveaways
 - Grades K-3: Water bottles
 - Grades 4-6: Winter Hats
- Equipment bags
- First Aid Kits
- **Coaches email families no later than April 4**

Picture Day: April 21 & 22 at Dakota Middle School (Cafeteria)

Registration by the Numbers:

- **4th Grade: 114 athletes**
- **5/6th Grade: 187 athletes**

**851 total athletes participating this year!
THANK YOU ALL!!!**

Team Formations:

- Teams are formed based on rankings from the previous season
- This allows for balanced teams and more competitive races

Spirit Wear

- **Website is open April 2-16**
- **Free Shipping** – orders will be picked up at check-in table or press box during meet
- **Direct Shipping** - \$10
- Communication will be sent once orders have been confirmed



[Click here](#) to order Spiritwear

Coach Expectations.

EAA Track Mission Statement: Our mission is to create an environment that reinforces the importance of team, friendship, sportsmanship and development in the sport of track and field.

Coaching Expectations:

- To provide a positive, inclusive and energetic environment for all athletes.
- Our commitment spans to every athlete, regardless of age or skill level.
- To encourage the development of athletes through fundamental principles.
 - Running mechanics
 - Race strategy for middle distance events
 - Technique and form for hurdles, jumps and throws

What is Coaches Corner?

- Weekly email shared every Monday of each week after the first meet.
- Provides relevant and in-the-moment updates that will help provide guidance and keep us all connected for the betterment of the athletes and the program.

Practice Expectations & Locations.

Expectations – 4-6th Grade

*****THE MINIMUM EXPECTATION IS ONE PRACTICE PER WEEK*****

- **4th grade athletes have five (5) new events they will participate in at this age.** These practices are pivotal to their comfort level, performance and to prevent injury.

Practice Locations

High School Track

- Availability listed on EAA Track [website](#) (practice/meet dates).

DAY	2025 DATE	TIME	DETAILS
Tuesday	April 8	6 - 8:30 pm	High School Clinics + Team Practice
Wednesday	April 9	6 - 8:30 pm	High School Clinics + Team Practice
Wednesday	April 16	6 - 8:30 pm	High School Clinics + Team Practice
Monday	April 21	6 - 8:30 pm	Team Practice (4-6th grade)
Wednesday	April 23	6 - 8:30 pm	Team Practice (4-6th grade)
Tuesday	April 29	6 - 8:30 pm	Team Practice (4-6th grade)
Wednesday	May 7	6 - 8:30 pm	Team Practice (4-6th grade)
Monday	May 12	6 - 8:30 pm	Team Practice (4-6th grade)
Thursday	May 15	6 - 8:30 pm	Team Practice (4-6th grade)

Northview Track is always open!

Preseason Clinics.

Event Clinics (4-6 grade) are hosted by High School athletes. The goal is to teach fundamental skills that coaches can reinforce throughout the season.

- Hurdles
- High Jump
- Shot Put



4th - 6th Grade Events.

Races: 50M, 70M, 100M, 200M, 400M

- **Fourth Grade New Events:** Hurdles, 800M Run, 4 x 200M Relay and Sprint Medley Relay (100M/100M/200M/400M)

Field events: Long jump

- **Fourth Grade New Events:** Shot Put and High Jump

Mile Run (optional): This will be run by grade and gender. Communication will be sent in advance so coaches can promote this event.

- **5/6 Girls:** Week 2
- **5/6 Boys:** Week 3
- **All 4th Grade:** Week 4

****Race Order:** Oldest grade girls always go first in both running and field events.



Field Events.

High Jump

- Two high jump pits – girls and boys run simultaneously; 4th grade starts first
- Will be available for practice at 5:30pm on meet days
- High jumpers should not run hurdles or 800M at the same meet
- Opening height begins **PROMPTLY** at 6 p.m.
 - Athletes that join late will begin at the current height, not the starting height.

Shot Put

- Shot puts marked by weight – **RED** for 4th grade and **BLUE** for 5th/6th grade

Coaches Worksheet.

- 1 Age Group & Team name
- 2 Meet Attendance
- 3 Runners per event
- 4 Select runners by heat
- 5 True/False
- 6 Total events
- 7 Feature Events
- 8 Select X for high jump
- 9 Race Tracking tab
- 10 Volunteer tab

Notes to Coaches:
Heat 1 = Developing Runner; Heat 4 = Fastest Runner
Enter Heat Number in spreadsheet, not an X

EAGAN TRACK & FIELD Meet Date: Friday, May 5

5th/6th Grade Boys - Royal Flash

Runners --> 3 1-3 4 3 4 3 3 3 4 4 Any 3-4 3 3-4

At	55M	800M	Medley	400M	50M	70M	100M	200M	4x100M	4x200M	1600M	Shot	High	Long	Races & Notes				
Meet?	Hurdles	Run	Relay	Run	Dash	Dash	Dash	Dash	Relay	Relay	Run	Put	Jump	Jump	Relay	Indiv	Sprint	Total	Field
Yes				2		1			2					X	1	2	1	3	2
Yes	1										1	X			1	2	2	3	2
Yes		2			1						2			X	1	2	1	3	6
Yes			3					3					X		1	2	1	3	2
Yes				3		3			1			X			1	2	1	3	2
Yes	2		1				3			4				X	2	2	2	4	3
Yes			4		4			2					X		1	2	1	3	2
Yes				1	3				4			X			1	2	1	3	3
Yes		3			2					3		X			1	2	1	3	1
Yes			2			3		1					X		1	2	1	3	2
Yes		1					1		3					X	1	2	1	3	3

11 3 3 4 3 4 3 3 3 4 4 0 4 3 5

TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE TRUE

Meet3 Meet4 Meet5 Meet2 Race Tracking Field Event & Relay Volunteers

Questions?

Email tracktechnicaldirector@eaasports.org

General Guidance for Races

- **Coordinate athletes by ability:** For races, place your developing runners first and most accomplished runners run in the last heat. This allows for the most competitive experience for all athletes.
- **Equal races for each athlete per meet:** No child can compete in more than one race than any other teammate. In other words, no athlete can run in three (3) races if any teammate is scheduled for only one (1) race.
- **Do not stack events:** Athletes may not participate in any individual event more than twice during the season pending special circumstances and approval. This will be monitored during the season. Additional races beyond this guidance will not be scored or recorded.
- **Event Participation:** Coaches should strive to have every athlete compete in each race and field event. This includes the longer events (400M/800M).

Race Day Heat Sheet.

EAGAN TRACK - Saturday, April 23				Order of Events & Lane Assignments								Meet 1
Event	Age	Group	Heats	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
400M Run	3rd Girls	1	3		Pink Frost	Kelly Twisters	Orange Lightning	Purple Hurricanes	Black Ice	Gold Thunder		
	3rd Boys	1	3		Black Raiders	Kelly Jets	Purple Vikings	Red 49ers	Orange Bears	Gold Chargers		
4x100M Relay (Runners at corners)	3rd Girls	1	1		Pink Frost	Kelly Twisters	Orange Lightning	Purple Hurricanes	Black Ice	Gold Thunder		
	3rd Boys	1	1		Black Raiders	Kelly Jets	Purple Vikings	Red 49ers	Orange Bears	Gold Chargers		
	2nd Girls	1	1		Pink Daffodils	Kelly Carnations	Purple Irises	Royal Tulips	Gold Daisies	Red Roses	Orange Orchids	
	2nd Boys	1	1		Gold Rockets	Black Asteroids	Purple Lasers	Orange Galaxies	Kelly Comets	Red Meteors		
50M & 70M Dash	3rd Girls	1	3		Pink Frost	Kelly Twisters	Orange Lightning	Purple Hurricanes	Black Ice	Gold Thunder		
	3rd Boys	1	4		Black Raiders	Kelly Jets	Purple Vikings	Red 49ers	Orange Bears	Gold Chargers		
	2nd Girls	1	5		Pink Daffodils	Kelly Carnations	Red Roses	Orange Orchids				
		2	5		Purple Irises	Royal Tulips	Gold Daisies					
	2nd Boys	1	5		Gold Rockets	Black Asteroids	Purple Lasers	Orange Galaxies	Kelly Comets	Red Meteors		
Dash	3rd Girls	1	3		Pink Frost	Kelly Twisters	Orange Lightning	Purple Hurricanes	Black Ice	Gold Thunder		
	3rd Boys	1	4		Black Raiders	Kelly Jets	Purple Vikings	Red 49ers	Orange Bears	Gold Chargers		

Coaches receive two heat sheets at the entrance of the track for each meet.

This includes:

- Lane assignments
- Order by age group
- Order by events

Feature Races (4-6 grade only).



What are Feature Races?

- We also call these popcorn races, as in “Grab your popcorn and enjoy the show.”
- Coaches select their most developed athlete(s) to compete in the individual feature race and/or relay event.
- This allows each team the opportunity to have their best athletes compete against each other.
- We will run all 8 lanes for these events.
- The head finish line caller will record video in case of a photo finish.

Week 2

800M Run
4x200 Relay

Week 3

200M Dash
Medley Relay

Week 4

400M Run
4x100M Relay

Week 5

55M Hurdles
100M Dash



End of Season Awards – think ahead.



Spirit Award: This award will be rewarded to one athlete from each team that displays tremendous support, positivity and is considered the “best teammate”.



Award Selection Process: Based on strong parent feedback, we ask that coaches not select their child for the **Most Improved** and **Spirit** awards.



NO RELAYS last week: To shorten the last week of the season, there will be no relay events. This includes the 4x100, 4x200 and Medley relay.

TRACK AND FIELD

Meet Logistics.



Coach Worksheets: Turn in at the Coaches check-in table each meet. You'll also pick up field event ribbons from the previous meet.



Coach Heat Sheets: This will be picked up at each meet at the coaches table just inside the entrance.



Last Meet: Go the Coaches check-in table to pick up your final ribbons and turn in your equipment bags

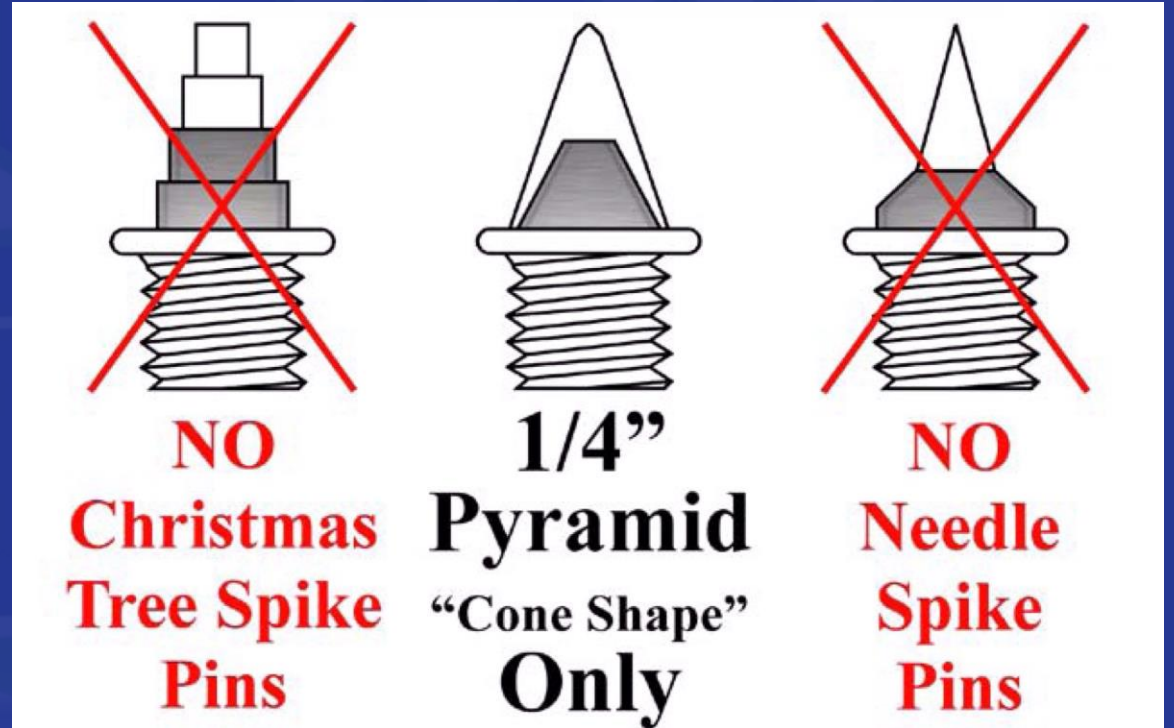
SHIRT NUMBERS ARE IMPORTANT!

Each athlete has a unique shirt number which **MUST** be worn each week!

*If it's cold out, have the athlete layer clothing under their EAA shirt. No Jackets over shirts.

Spikes

- Allowed in grades 4-6
- Kids may wear only 1/4" pyramid spikes.



Volunteers

Please encourage your parents to volunteer at the meets. If we are making a call for timers, we need timers. The meet can't start until we have enough!

- Field event recorders/measuring
- Timers
- Help coaches



Race Day Reminders.

Be Ready: Our announcer will call **first call**, **second call** and **final call** for all events.

Finish Line Cones: For the safety of the runner, **coaches** and **athletes** must stay behind the cones.

Finish Line Etiquette: Coaches remain with their athlete until they are escorted to the recorders.

Post Race: Once athletes time has been recorded, they should return to their team location.

Stay in Your Lane (4x100; 4x200 and Medley): After the baton is handed off, **athletes must remain in their lane**. A coordinator will let you know when it's safe to come off the track.

Safety First: With 840 kids participating this year, you will need your head on a swivel at all times!

Pacing: Nobody is allowed to run alongside a runner on the infield during a race.

Infield Area: This is for warmups only. Soccer balls, footballs or any other activities are not allowed. This cannot be used as a team location.

High School Equipment: Please stay off all high jump mats, pole vault pits, lacrosse nets and netting on the football field.

No Unauthorized Personnel on the Field: NO EXCEPTIONS. This includes parents, friends, etc.

Track Layout & Meet Day Set-Up.



Weather.

We will have beautiful weather this year, but just in case...

- Please communicate to your teams that meets are only canceled when necessary for the safety and overall experience of our athletes and families.
- If cancellation is necessary, it will be posted on the website immediately. Teams should check the website if in doubt.
- We will cancel as far in advance as possible but sometimes it is a last-minute decision.
- Every attempt will be made to reschedule a missed meet. As the high school programs have priority over the space, it is not always possible.

Coaches' Handbook



Nights for the mile run (Grades 4-6 only)– Page 7



Opening heights for high jump – Page 9

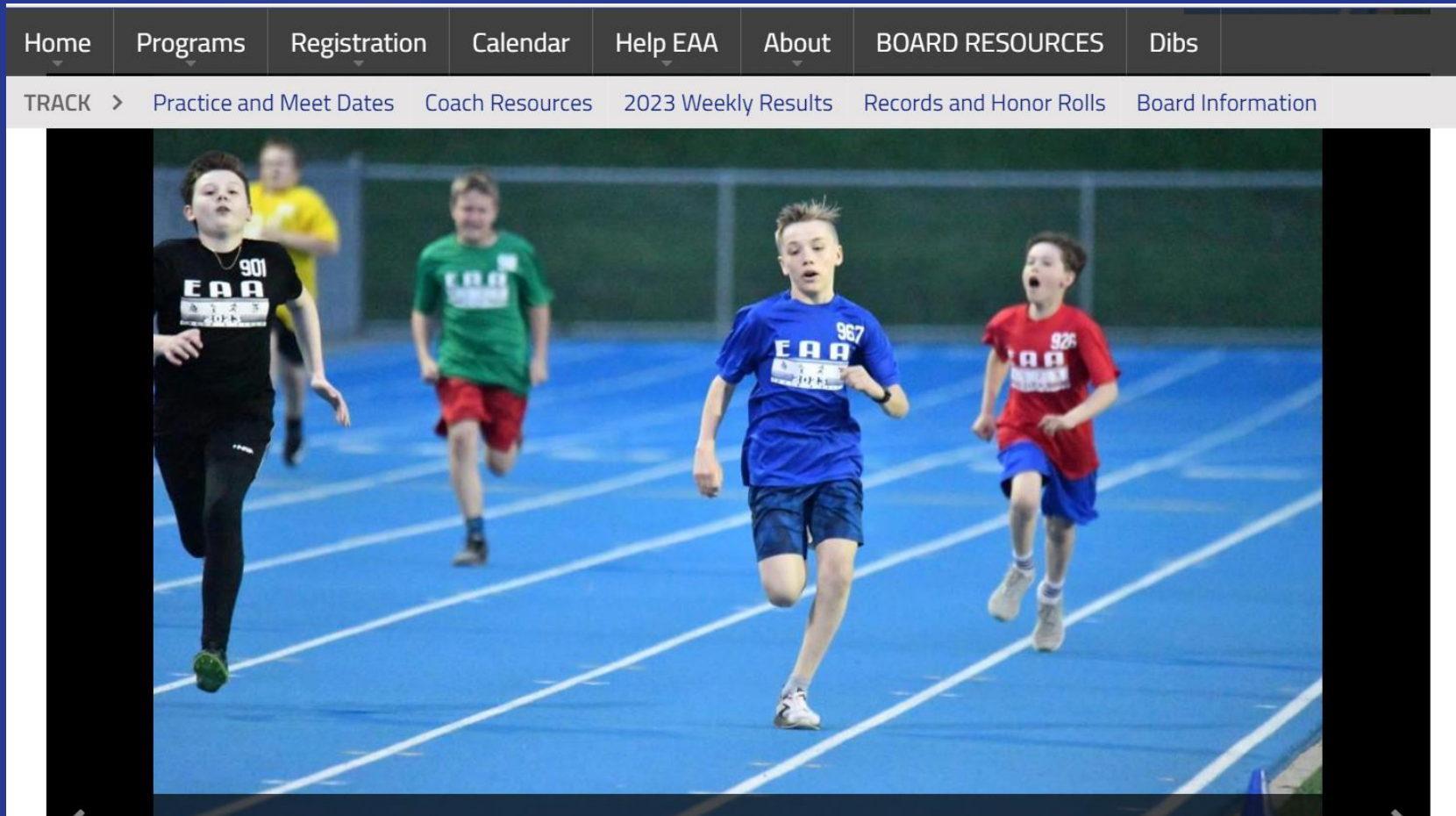


Stadium Map – Page 12



The full handbook is online at www.eaasports.org

Check out the Website.



- [Training Videos](#)
- [Coach Resources](#)
- [Practice/Meet Dates](#)
- [Clinic Dates](#)
- [Weekly Results](#)
- [Annual Honor Roll](#)
- [All Time Honor Roll](#)

Questions/Comments.

- **Website:** www.eaasports.org
- **Email:** Trackdirector@eaasports.org and track@eaasports.org
- Coaches presentation will be posted on the EAA website